

To go to a specific section, press "**F5**" (in Acrobat Reader 4.0),  
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The "**Bookmarks**" window will appear at the left.  
Click on the section title to go to that section.

Parenting for Prevention ..... 2

Drug-Proofing Your Family, Part I  
Family Ties ..... 3

Drug-Proofing Your Family, Part II  
Parent Partners ..... 6

Signs, Symptoms & Solutions ..... 9

Kids & Gangs ..... 12

Taking Back the Streets  
Neighborhood Crime Prevention ..... 15

Drugs on the Street ..... 17

Arizona Drug Laws ..... 19

Helping Hands  
Crisis Calls & Contacts ..... 22



## PARENTING FOR PREVENTION

*“I will not play at tug o’ war.  
I’d rather play at hug o’ war.  
Where everyone hugs instead of tugs,  
Where everyone giggles...and everyone grins,  
And everyone cuddles,  
And everyone wins.”*

— *Hug O’ War*, Shel Silverstein

We’re busy parents.

We make the dinner and make the beds. We pay the bills, change the baby, and help our kids build a rocket for the school science fair. We work and we worry — about high fevers and the high cost of just about everything.

And sometimes in the shuffle, we simply forget the problems and pressures that kids themselves face in the schools and on the streets every day. Drugs, alcohol, gangs, and street crime offer tempting opportunities to kids who see no other easy way to feel important, and no other way to win.

That’s why we’ve put together this handbook. In it, we’ll discuss the danger signs of drug abuse and gang activity. And we’ll pass along the advice of experts on raising confident, caring kids — strong enough to stand up to social pressure and smart enough to see the difference between hanging around with friends and hanging out with a neighborhood gang.

They’re lessons we simply can’t afford to ignore.

We may be busy and bothered and worried, but we’re not *too* busy to remember how a hug lights up a child’s day. Or that 10 minutes of shared time teaches kids more about being people than 10 hours of TV.

Because the heart of prevention is the relationship you build with your kids — whether they’re four or 14.

And in a “hug o’ war” family, everyone wins.

## DRUG-PROOFING YOUR FAMILY, PART I — FAMILY TIES

Let's face it. Growing up just isn't what it used to be. Through music, movies, and MTV, kids today are hammered by adult ideas and images and pushed to make important choices at an age when most of *us* still worried about getting a date — or a driver's license.

Just consider some of these startling facts:

- Drunk and drugged driving is the leading cause of death among 15-to-24-year-olds nationwide; in Arizona, nearly half (43%) of high school students and one in five (21%) of junior high students currently drink.
- Half of Arizona teenagers have tried marijuana, and one in four used it in the last month.
- More than 1,790 kids age 18 or younger are gang members in Arizona; among high school students, 6% are involved with gangs, and 3.4% want to join a gang.

The risks of being young *are* rising. Still, the basic rules for raising kids haven't changed much over the years. Getting involved in our kids' lives and teaching them a strong sense of self-worth is as important now as ever — and maybe more so. Kids who value themselves and their own feelings are less likely to make choices based on what their friends say or think or do.

So how does a busy, modern-day parent do all that?

**Spend time together.** Set aside at least 10 minutes daily for quiet conversation with each child. Plan at least one family fun time each week — for walks, games, family projects or shared hobbies. Give your kids access to *you*; it's what they want most.

**Build good feelings.** Encourage your kids often, pointing out the special qualities of each child. Be specific (they'll know if you're faking): "I appreciate the way you helped your baby brother today," or "You make friends so easily." Remember that your kids are individuals, too, and may choose to be different from you. Within rea-

son, allow for differences in dress and lifestyle without taking your love away.

**Build strong boundaries.** Teach your children to like and respect themselves by liking yourself. Don't allow your kids, friends, or spouse to bully or mistreat you.

**Decision-making.** Within careful limits, let your kids make their own choices — when to study, what to play, how to spend their money. Encourage working together on family chores and activities, from making the beds to making plans for a ball game. Watch for “teachable moments” — a chance to talk about an idea, share an experience, or (gulp) let the kids decide what's for dinner.

## Family Drug Education

The best place to begin guiding our kids in making decisions about alcohol and other drugs is in the home. But even blue-ribbon “hug o’ war” families have trouble talking about drugs: Parents may fear knowing too few facts, and kids may fear knowing too many.

We suggest beginning drug education early — and as a natural part of family projects and mealtime talks. And if it's too late to start “early,” start anyway. Your kids may not know as much as they think.

### *Group Think*

- Begin by collecting information on drugs and alcohol. Read and talk about issues and separate rumors from facts.
- Share your *feelings* about how drugs might affect your children: “I’m scared that you’ll get hurt by riding in a car with someone who is drunk or high,” or “I’m afraid that once you start, you won’t be able to stop.”
- Be honest about your own drug use: “I’m really struggling to quit smoking and I hate the thought of you starting. I hope you’ll save yourself all the trouble I’m going through and not start at all.”

- Keep your kids' ages in mind: Young children view the world as black or white and are usually satisfied with the statement that drugs are "bad." But don't expect your teenagers to see it that simply. They're more likely to view drug use and drinking as their own choice. Be ready with sound facts and solid examples of the damage alcohol and other drugs can do. (See "Signs and Symptoms" and "Drugs on the Street" for ideas.)

## **The Parents' Quiz**

- What example do *you* set for your kids? Do you take a long walk when you're upset and angry, or do you reach for a beer and a cigarette or a bottle of pills?
- Do you know your kids' best friends? Do you know their parents? Where they live?
- Would you know if your child began using drugs or drinking?
- If your child is using drugs, did you know when they started?

## DRUG-PROOFING YOUR FAMILY, PART II — PARENT PARTNERS

There's good news and bad news about being a parent today.

The bad news is that it's hard work — maybe the hardest work that we'll ever take on in our lives. And as growing up gets more complicated for our kids, our job of supporting and guiding them in the decisions they make gets tougher too.

The good news is that we don't have to do it alone.

In this section we'll review common community resources for “drug-proofing” our kids — from simple, commonsense changes we can all make at home to community-wide campaigns and activities. Look over “Calls and Contacts” for help in getting started.

The rest is up to you. Because like parenting, preventing alcohol and drug use is a tough job. But it's one you'll never regret.

### Parent to Parent

**Know yourself.** Be clear about where you (and any other adults in the household) stand on using drugs and alcohol. Talk it over in advance with your spouse or other adult partner.

**No drug use.** Many families establish a *no drug use* rule for their kids. It's short, simple — *and* safe. Whatever *your* rules are, be certain family members know *what* they are.

**Family rules.** Set consequences for breaking family rules that you are *willing* to carry out and that match the rule that's been broken. Don't threaten if you won't follow through.

**Healthy choices.** One of the best ways to practice “drug-proofing” in your family is by helping your children make healthy lifestyle choices. Teach them how to reduce stress and worry without chemicals, through exercise or talking their troubles out. And help them

learn to have fun and feel good about themselves by learning new skills — or fine-tuning old ones.

## Parent Groups

**Support systems.** Get to know other parents in your neighborhood, your child's group of friends, or after-school activities. Use your network to provide a caring, supervised setting for your kids when you're not there. Carpool, share supervision of activities, develop joint rules on curfews and dating, and support one another in maintaining a safe space for kids.

**Parent power.** Parent groups, meeting through the PTA or other groups, often take an active role in community anti-drug activities. The annual Red Ribbon Campaign highlights the power of committed parent-action groups in raising public awareness of drug use.

## Community Connections

Investigate local prevention resources through public schools and special law enforcement programs, such as DARE. Service groups, such as Boys and Girls Clubs, YMCA, Head Start, departments of parks and recreation, and others also offer summer and after-school activities and prevention programs for youth. Many Arizona communities are members of the Governor's Alliance Against Drugs — a statewide association that coordinates local education campaigns and hosts substance-free parties, dances, and after-school programs.

## Teen-Fest — Parents and Parties

**Parties.** Most of us dread the pounding music and thundering feet — *and* finding popcorn behind the curtains for the next three weeks. But relaxing with friends, sharing good music and good food is one of life's real joys at any age. With a little planning — and a firm agreement on codes of conduct — any party can be fun, safe, and drug- and alcohol-free. Some pointers:

### **If your teen is holding a party...**

- As much as possible, allow your kids to plan their own party — from set-up to clean-up. Discuss the plan with them *in advance*.
- Enforce the family rule against drug use and drinking. Have a plan for keeping out guests who appear drunk or drugged.
- As the adult host, you're responsible for your child's guests. Don't create chances to drink by leaving liquor where it's easily available.
- Set aside an area of the house for the party. Limit attendance (to a guest list, if possible), and set an ending time *before* family curfew.
- If the party *does* get out of control (fights, broken furniture, large crowds, etc.), don't hesitate to call parents — or the police.
- *Never* let an intoxicated teenager drive home.

### **If your teen is attending a party...**

- Ask for the name, address, and phone of the host. Contact the parents to be sure the party will be drug- and alcohol-free and that an adult will be there. Leave *your* name and number with the parents.
- Support your kids in calling you if there is a change of plans or if a problem develops. Let them know there will be no punishment if they ask for help. *Keep that promise.*



## SIGNS, SYMPTOMS & SOLUTIONS

Most parents have a sixth sense about how their kids act and feel. We usually know when something is “off” — and sometimes long before full-blown problems appear. But identifying drug and alcohol problems is tricky.

Lots of kids first get involved — or get in trouble — at the age when they naturally start demanding greater freedom and more privacy from parents.

Learning the difference between “symptoms” of growing up and the warning signs of alcohol and other drug use isn’t easy. Parents must ask questions carefully and avoid snap judgments, yet learn to trust our sense that our kids are in trouble.

*By themselves, many of the following signs may signal nothing more than the pains and pangs of “teenagehood.” But taken together, they should make a parent’s sixth sense tingle. Because if alcohol or drug use is not the problem, something else may be.*

### ***Signs of Intoxication***


- Difficulty concentrating
- Sluggish or excitable behavior
- Staggering, stumbling, dropping things
- Runny nose, watery eyes, red nose and eyelids
- Slow, slurred, or very rapid speech
- Changes in the eyes, including pinpoint or dilated pupils, blank stare, or jerky eye movement
- Nervousness

### ***Signs of Deeper Involvement***

- Depression
- Drug paraphernalia (rolling papers, pipes, etc.)
- Often late or leaves school or job early
- Dramatic changes in grades or work habits
- Sour smell, dirty clothes, unwashed hair

- Frequent fights or arguments at home or school
- Secretive about friends and activities
- Unusually poor appetite, weight loss
- Going without sleep for long periods
- Falling asleep at school or work
- Unusually suspicious of others
- Difficulty in remembering
- Mixture of strange and normal behavior
- Defensive, blaming

## Getting Help



Discovering that a child is using chemicals is one of the scariest situations a parent ever faces. Our first feelings are fear (*Have they hurt themselves?*) and anger (*How could they do this to me?*). And our first impulse is to attack or punish our kids.

Fear and anger are natural reactions to a family crisis. They just aren't very helpful. In fact, the first rule of dealing with adolescent drug problems is *staying calm*. Now, more than ever, your child needs love and support. Drug and alcohol abuse *is* serious, and should be treated that way. But not at the cost of permanent damage to your relationship with your kids.

## Facts First

- Begin by asking questions and gathering facts. Speak with your child's friends, teachers, coach, school counselor, or employers. Get specific: how much, how often, and how long have they been using.
- Try to get a sense of how deeply your child is involved. Do most of the "Signs and Symptoms" fit? Meet with a local drug and alcohol counselor to discuss your situation.
- Agree on a course of action with your spouse or other adults in the household *before* talking with your child. Consider options you are willing to offer, such as new family rules or a written contract spelling out conditions your child must meet.

## **Tough Love**

- Set aside time for meeting with your child. Discuss what you've learned so far, ask more questions, talk about feelings — yours and your child's. Remember that they're frightened, too.
- Discuss your new conditions and consequences, which should include a rule on no further drug and alcohol use.
- Consider outside support for your child — and yourself. Self-help groups (such as Alcoholics Anonymous and Al-Anon), ministers, and school counselors are helpful, as well as out-patient drug and alcohol centers.

## **Getting Treatment**

If your child continues using drugs and alcohol, your best bet may be a treatment program. It's a serious move, and should *not* be used as a threat, punishment, or a way to get your kid to "behave." Deciding to put your child in treatment is a message that you consider their behavior destructive and dangerous — to themselves and the family.

For a list of certified Arizona programs, see the Helpline list in "Calls and Contacts."

## KIDS & GANGS

Across Arizona, gangs have replaced drugs on many parents' "most worried" lists.

And with good reason.

Street gangs aren't new to Arizona. But they are more visible — and more violent. Gangs today fight "turf wars" with guns more often than muscle. And in schools and neighborhoods across the state, gang activity is increasingly connected with violent crime — from simple vandalism and graffiti to burglary, drug trafficking, assault, and drive-by shootings.

Since the mid-1980s, drug profits have fueled a huge expansion in gang activity across the state. More than 8,600 teenagers and young adults belong to gangs in Arizona.

### Whys and Why Nots

Kids today are drawn to gangs for understandable reasons: excitement, protection, fun, and friendship. But gang membership also offers a sense of identity and power that appeals to many young people. According to a recent survey, peak interest in gang membership occurs among 9th and 10th graders — the age when kids start scrambling for a sense of identity and self-worth.

Other common factors in gang involvement include:

- Feelings of unimportance and powerlessness
- Seeking respect, wanting attention
- Lack of involvement in school, family, or outside activities and interests
- Poor communication, problem-solving skills
- Family history of gang membership

- Children from single-parent families or children of alcoholics and drug users

## Signs of Involvement

While older members are proud and boldly wear the “colors” that identify their gang membership, young people often won’t admit their involvement. But they *will* decorate belongings — from school books to bedroom walls — with gang logos and graffiti, or wear clothing that links them with a particular gang. And to rival gangs shooting from a speeding car, all “colors” look alike, whether they’re worn by a full-fledged gang member or a “wanna-be.”

Common warning signs of gang involvement include:

- Slogans, graffiti, initials (MVL, LVL, SSM, etc.)
- Tattoos, particularly on the hands
- Dressing primarily in athletic team clothing (particularly Raiders, Bulls, or Georgetown Hoyas)
- Red, blue, or black shoelaces, bandannas, and ballcaps
- Using hand signs or signals

## Gang Prevention

Parents play the leading role in keeping kids out — and in bringing back those who are already flirting with a neighborhood gang. Filling gaps in a child’s sense of identity and self-worth through the suggestions we’ve outlined in this handbook are big first steps in stopping gang involvement before it gets started. Other ideas:

- Spend time talking *with* and listening *to* your children. Get to know their friends and playmates.
- Encourage your kids to get involved in community activities, such as school programs, public parks and recreation groups, Boys and Girls Clubs, and church youth programs.

- Invite your children into *your* life. Involve them in family decisions or take them with you to work for a day.
- Make your neighborhood your “family.” Join other parents in a Block Watch group or sign up for the PTA at your child’s school.

## Getting Out

Most kids find it difficult — even deadly — to get out of a gang. Some are forced to leave home in order to leave their gang links behind. Gang intervention projects use a mix of home visits, group counseling, and one-on-one mentoring to support gang-involved kids in getting out — and staying out. For parents of gang-involved kids:

- Victory Outreach Church (433-2711), a Christian ministry to inner-city drug users and gang members.
- Gang Prevention Community Forums (644-GANG) for Mesa residents hosted by Mesa Gang Control Steering Committee and the United Way.
- Friendly House (257-1870), youth counseling services for street kids and other troubled youth.

For more information on local gang prevention programs, see “Calls and Contacts”, or phone Community Information and Referral.

# TAKING BACK THE STREETS — NEIGHBORHOOD CRIME PREVENTION

It's a tradition as old as the West and as fresh as yesterday's headlines: neighbors banding together to protect their community by protecting each other — whether home's on the range or in a modern-day city.

A new twist on the wagons-in-a-circle showdown, Block Watch teaches residents to be the eyes and ears of the neighborhood — and the front line of community defense against drugs, gangs, and crime.

## Block Watch Basics

The program provides citizen groups and neighborhoods community crime prevention training to improve personal safety and home security. The program also teaches residents how to establish neighborhood standards of safety. Guiding principles of the program include:

**Deterring crime.** Block Watch trains residents in simple security measures (such as locks and lights) that help keep would-be criminals away.

**Delaying crime.** Block Watch demonstrates how to crime-proof your home by making it more difficult to enter.

**Detecting crime.** Block Watch training establishes a neighborhood-wide early warning system that instructs residents in how to spot a crime before it occurs — and how to keep crime from happening.

Block Watch programs don't replace the police — but they *do* make an officer's job easier. A quick 9-1-1 report of "unusual" activity in your neighborhood saves police hours in tracking suspects and improves their chances of catching a criminal.

**Bringing Block Watch to Your Neighborhood**

Any interested resident can begin a Block Watch program by calling your local police department (in Phoenix: 262-7331) to schedule a neighborhood crime prevention meeting. A packet of information describing the program and how to organize a meeting in your area is sent following the call.

At the meeting, an officer will explain the purpose and principles of Block Watch programs, and answer questions on crime prevention topics ranging from police response time to home security.

**Crime Prevention Contacts — Phoenix Police**

*Police Emergency*

For any police, fire, or medical emergency (24 hours) . . . . . 911

*Crime Stop*

To report any unusual activities  
in your neighborhood . . . . . 262-6151

*General Police Information*

Non-emergency . . . . . 262-7626

*Gang Hot Line* . . . . . 534-4264

*Gang Criminal Information* . . . . . 262-7991

*Crime Prevention Programs*

- Offered free by Phoenix Police . . . . . 534-2606
- Home Security
  - Block Watch

*Silent Witness*

Information about unsolved felony crimes . . . . . 261-8600  
or  
We don't need your name,  
but we do need your help . . . . . W-I-T-N-E-S-S



## DRUGS ON THE STREET

The following brief list details the main physical signs of substance use and abuse, as well as consequences of extended or intensive use. Look it over as you speak with your kids about the dangers of alcohol and other drugs.

### **Chemical**

### **Effects, Risks & Paraphernalia**

#### **Anabolic Steroids** (juice)

- Rapid weight gain, increased muscle size, hair loss, acne, facial hair (women).
- High blood pressure, violent or paranoid behavior.
- Needles, pills.

#### **Cocaine/Crack** (blow, rock)

- Runny nose, nosebleeds, dilated pupils, rapid speaking, hyper-alertness, weight loss, insomnia, violent or paranoid behavior.
- Stroke, heart attack, addiction, overdose.
- Razors, needles, glass pipes.

#### **Depressants & Alcohol** (Valium, Xanax, etc.)

- Slurred speech, glassy eyes, poor coordination, shallow/slow breathing.
- Overdose, driving accidents, addiction, respiratory arrest.

#### **Hallucinogens** (LSD, ecstasy, etc.)

- Dilated pupils, twitching muscles, restlessness, sweating, pain in the jaw or teeth.
- Panic attacks.
- Paper blotters with colored designs.

#### **Inhalants** (butane, hair spray, paint thinner, White-out, gasoline)

- Headache, poor coordination, vomiting, rapid heartbeat, hallucinations, delusions.
- Heart attack, kidney and liver damage, brain damage.
- Rags soaked in solvents, used containers of glue, butane, etc.

## **Marijuana**

- Red eyes, sore throat, coughing.
- Driving accidents, panic attacks, lung irritation, poor memory.
- Rolling papers, pipes, Visine.

## **Narcotics**

(heroin, Percodan,  
Darvon, etc.)

- Pinpoint pupils, shallow and slow breathing, nodding off.
- Addiction, overdose.
- Needles, eyedroppers, pipes.

## **Phencyclidine/PCP**

(angel dust, shermes)

- Jerky eye movements, blank state, excitability, loss of sensitivity to pain, hallucinations, delusions.
- Overdose, heart and respiratory arrest.
- Powders, brown cigarettes with a liquid stain.

## **Stimulants**

(speed, crystal, crank)

- Dilated pupils, rapid breathing, weight loss, excessive talking, insomnia, hyperactivity, paranoid behavior.
- Overdose, stroke, heart attack, liver damage.
- Powders, pills, needles.

## **Tobacco**

(smokeless, chew)

- Coughing, discolored fingers and teeth, odor of smoke.
- Sores on gums and mouth, addiction, cancer, heart disease, stroke.

# ARIZONA DRUG LAWS

Penalties listed here are based upon Arizona State law. Counties and towns in Arizona may have passed their own drug-related statutes with different penalties.

## **Juvenile Offenses (Less than 18 years old)**

An offense which would be a misdemeanor or a felony if committed by an adult is a delinquent act and can result in a juvenile being placed on probation or committed to the Arizona Department of Juvenile Corrections until his or her 18th birthday. In some cases, a juvenile may be treated as an adult and subject to adult penalties.

### ***Liquor Offense (instead of drinking age)***

A juvenile who orders, pays for, shares the cost of, attempts to purchase, possess or consumes alcoholic beverages is subject to a fine and/or being ordered to do community service work hours. A second violation can result in a two-year loss of driving privileges. Supplying false information to a police officer (name, age, etc.) is a delinquent act.

### ***Driving Under the Influence — DUI***

Driving under the influence of alcohol or drugs or driving while having possessed or consumed any amount of alcohol shall result in mandatory detention time and a loss of driving privileges for a period of 3 years. Convictions for drug violations can result in the loss of driving privileges until 18 years of age.

### ***Smoking Age***

Possession of tobacco by anyone under 18 years old is illegal.

## **Adult Offenses (18 years and older)**

### ***Contributing to the Delinquency of a Minor***

Six months in jail, \$2500 fine.

### ***Disorderly Conduct, Loitering, Unlawful Assembly***

Six months in jail, \$2500 fine.

### ***Liquor Control Violations***

Six months in jail, \$2500 fine. The legal age to consume or possess alcoholic beverages is 21 years old.

### ***Possession of a Controlled Substance***

- **Marijuana.** Possession of less than 2 pounds is a Class 6 felony, punishable on first offense by probation or a prison term of .33 to 2 years. A second offense carries a .75 to 2.75 year prison term. A third conviction carries a 2.25 to 5.75 year prison term. If treated as a misdemeanor on the first offense it carries a sentence up to six months in jail and a \$2500 fine.

Possession of two to four pounds is a Class 5 felony, punishable on the first offense by probation or a prison term of 1 to 3.75 years. A second conviction carries a 1 to 3.75 year prison term; a third offense carries a sentence of 3 to 7.5 years.

Possession of more than 4 pounds is a Class 4 felony, punishable on the first offense by probation or a prison term of 1 to 3.75 years.

A second conviction carries a 2.25 to 7.5 year prison term; a third offense carries a sentence of 6 to 15 years.

All marijuana possession offenses are subject to a mandatory fine of \$750, or three times the value of the drug, whichever is greater, up to a maximum fine of \$150,000. All prison terms are subject to a period of community supervision after the prison time is served.

- **Narcotics.** Possession of narcotics, such as cocaine or heroin, is a Class 4 felony, punishable on the first offense by probation or a prison term of 1 to 3.75 years. A second conviction carries a 2.25 to 7.5 year prison term; a third offense carries a sentence of 6 to 15 years.

All narcotic possession offenses are subject to a fine of not less than \$2000 or three times the value of the drug, whichever is greater, up to a mandatory fine of \$150,000. All prison terms are subject to a period of community supervision after the prison time is served.

- **Dangerous Drugs.** Possession of drugs such as LSD and speed is a Class 4 felony, carrying the same sentencing possibilities as possession of narcotics. All dangerous drug offenders are subject to a fine of not less than \$1000 or three times the value of the drug, whichever is greater, up to a mandatory fine of \$150,000. A first offense may be designated a misdemeanor, with a sentence of up to six months in jail and a fine of up to \$2500.

### ***Driving Under the Influence — DUI***

Driving under the influence of alcohol or drugs with a blood alcohol level above a specified limit is a Class 1 misdemeanor carrying a mandatory sentence of 10 days in jail; however, a court can suspend all but 24 hours if the person completes a court ordered alcohol or drug screening, counseling, education, and treatment program. A first offense also carries a three-month suspension of drivers' license. A second offense carries a one year suspension of drivers' license and a mandatory sentence of 90 days in jail; however, the court can suspend all but 30 days upon completion of a court-ordered program. A third offense within 5 years is a Class 4 felony which carries a mandatory sentence of 4 months in prison and a 3 year revocation of driving privileges.

### ***Smoking***

Furnishing tobacco to a minor is a petty offense carrying a fine of up to \$300.

# HELPING HANDS — CRISIS CALLS AND CONTACTS

## Emergencies

<b>Police Emergencies</b> . . . . .	<b>9-1-1</b>
<b>Medical Emergencies</b> . . . . .	<b>9-1-1</b>
<b>Fire Emergencies</b> . . . . .	<b>9-1-1</b>
<b>Community Information &amp; Referral Services</b>	
<b>(24-hour hot line).</b> . . . . .	<b>263-8856</b>
<b>Outside Maricopa County</b> . . . . .	<b>1-800-352-3792</b>

## Crisis Lines

East Valley Alcoholism Council (24-hour line) . . . . .	962-7711
EMPACT— Suicide Prevention	
Center Crisis Line . . . . .	784-1500
Parents Anonymous (24-hour line) . . . . .	1-800-352-0528
Parents Assistance Program	
(24-hour line) . . . . .	542-9580
Suicide Prevention Center Hot Line . . . . .	784-1500
Teen Lifeline — Teen Crisis Hot Line . . . . .	248-TEEN
Teens-Talking-to-Teens	
(peer counseling between 5 and 10 p.m.) . . . . .	461-8888
ValueOptions, 24-hour line . . . . .	1-800-564-5465

## Helplines

Adult Children of Alcoholics . . . . .	241-6760
AlAnon . . . . .	249-1257
Alcoholics Anonymous . . . . .	264-1341
Cocaine Anonymous . . . . .	279-3838



Child Protective Services . . . . .	530-1800
MIKID — Statewide . . . . .	1-800-35-MIKID
National Council on Alcoholism . . . . .	264-6214
NOVA . . . . .	937-9203
Salvation Army Shelters . . . . .	267-4130
ValueOptions Services, 24-hour line . . . . .	1-800-564-5465

## Valley-wide Human Services

### Black Family and Child Services of Central Phoenix

Administration . . . . .	256-2948
Counseling . . . . .	243-1773
The CARE Center (South Phoenix) . . . . .	271-2819
Catholic Social Services (Valleywide) . . . . .	997-6105
Centro de Amistad (Guadalupe) . . . . .	839-2926
Chicanos Por La Causa, Inc. . . . .	257-0700
Corazon (Males) . . . . .	233-9747
De Colores (Females) . . . . .	269-1515
Centro de la Familia (Females/Males) . . . . .	247-0464
Via de Amistad . . . . .	257-5530
Phoenix Interfaith Counseling Services . . . . .	998-7312
EMPACT — Suicide Prevention Center	
(East Valley) . . . . .	784-1514
Glendale Youth Center (Glendale) . . . . .	934-0419
Indian Rehab (Central) . . . . .	254-3247
Jewish Family and Child Services (Multi-Sites) . . . . .	257-1904

NOVA, Inc. (Northwest) . . . . .	937-9203
Southwest Behavioral Health Services	
Administration . . . . .	257-9339
Family Counseling . . . . .	268-8748
PREHAB of Arizona (Mesa) . . . . .	969-4024
TASC Treatment Assessment Screening	
Center (Multi-Sites) . . . . .	254-7328
Terros, Inc. (North & North Central) . . . . .	234-8900
Valle del Sol (South Central) . . . . .	258-6797
(Youth Services) . . . . .	272-9498
(Family Services) . . . . .	200-9804
ValueOptions Services, 24-hour line . . . . .	1-800-564-5465

*Inclusion in this guide does not constitute an endorsement.*

*Errors and omissions are not intended.*